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British Tinnitus Association | Registered Tinnitus Support Group



Tinnitus Support

Annoying sound that only you can hear

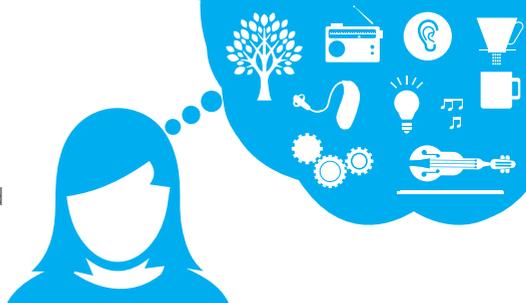
It is estimated that tinnitus affects 250 million people worldwide. If you are suffering from tinnitus you are not alone. All too often people are told there is nothing one can do about the condition but this is not the case.

Around 80% of people who suffer from tinnitus also experience a degree of hearing loss, although they may be unaware of it.

The first step towards taking control of your tinnitus is to consult a professional, so that together, you can find the treatment plan that will work for you.

Help in Hearing
For us, it's personal

We offer full Tinnitus Assessments to identify the most appropriate management tool for individual needs. We also run a BTA recognised monthly Tinnitus Support Group which is facilitated by a trained Tinnitus Adviser. If you are interested in joining or know someone that would benefit, please contact us.



The many causes of Tinnitus

Tinnitus can originate anywhere between the inner ear and the brain and can be constant or intermittent, temporary or chronic. It can occur for no apparent reason or as the result of exposure to loud sounds, head or neck injuries and emotional distress.

What creates the perception of sound?

Although the causes appear to vary, experts believe that tinnitus results from damaged hair cells in the inner ear. The brain sometimes misinterprets reduced signals from the ear, resulting in a perception of sound — tinnitus — that isn't really there.

Can I treat my Tinnitus?

A hearing care professional can help you manage your particular symptoms using a combination of education, counselling, and hearing aids which not only enhance your hearing but can also stream personalised sound relaxation through mobile phone apps.



*We're here to help,
to us it's personal.*

Contact us to find out more 0345 2220579

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🌐 www.helpinhearing.co.uk

